



Tulare County Employee Wellness Program

“Mental Health Awareness”

December 2017



Mon	Tue	Wed	Thu	Fri
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Live Webinar: “Video Doctor Visits with LiveHealth Online”

There's never a good time to be sick. You can see a doctor when you're at home, work or on the go! Attend this DocTalk and find out more about LiveHealth Online video doctor visits.

Tuesday, December 12, 2017

9:00 AM & 12:00 PM

Register at the link below:

[Video Doctor Visits with LiveHealth Online](#)



Understanding the Facts of Anxiety

Experiencing occasional anxiety is a normal part of life, but when it becomes persistent, uncontrollable or overwhelming, you may have to reach out to your doctor. This article helps you understand the facts that you need to know about Anxiety.

[Understanding The Facts of Anxiety](#)

ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA

Mental Health: What's Normal, What's Not

Each mental health condition has its own signs and symptoms.

Professional help might be needed if you experience certain symptoms. To learn more about those symptoms and how health providers diagnose mental health conditions click on the link below:

[Mental Health: What's Normal, What's Not](#)

[Anthem.](#)

LiveHealth Online Psychology

Now you can see a psychologist or therapist at home in just a few days. People 18+ years old can use LiveHealth Online Psychology to talk with a licensed therapist or psychology who can help you with things like: stress, anxiety, depression, relationship or family issues, grief, panic attacks and stress from coping with a sickness.

Psychologists and therapist using LiveHealth Online can also visit with children age 10-17 who need help with things like: attention deficit disorder, behavior challenges, adjustment difficulties, coping with parental divorce, death or other stressor, eating disorders and developmental challenges.

It's quick, easy and private. Just Sign Up or Log In using the free LiveHealth Online app or on your computer with a webcam.

Sign Up or Log In at:

<https://www.livehealthonline.com/psychology>

1-888-548-3432 7am-11pm, 7 days a week

Employee Assistance Program

If you or your loved one is struggling with a mental illness, help is nearby. AnthemEAP is a good source of support!

Articles

- [Attention Deficit Hyperactivity Disorder and Your Child](#)
- [Managing When the Stress Doesn't Go Away](#)
- [Stress and Aging](#)
- [Stress and Your Teen](#)
- [Tips for Coping With Extreme Stress](#)

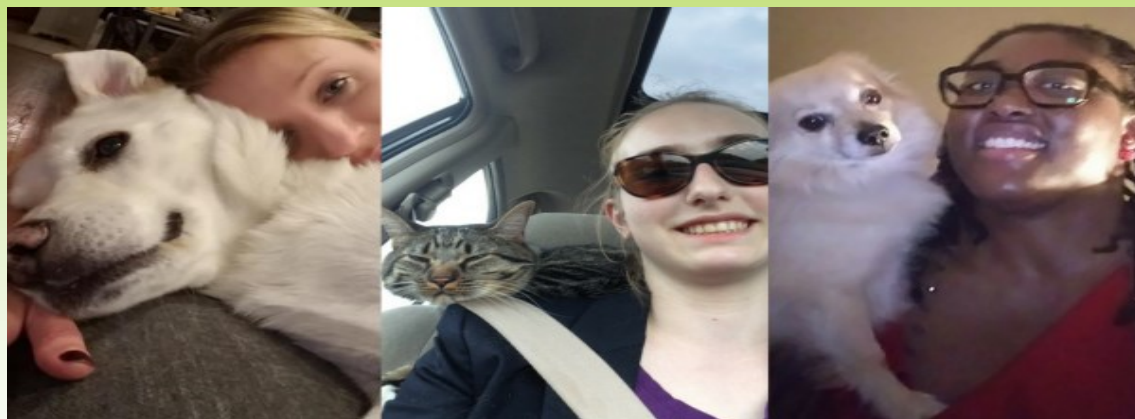
Audio

- [Beyond The Baby Blues](#)
- [Daily Relaxation Tools](#)
- [Exercise and Depression](#)
- [Facts About Seasonal Affective Disorder](#)
- [Winter Blues](#)

Visit: anthemeap.com

Code: **County of Tulare**

For Better Mental Health, Experience the Pet Effect



The Pet Effect, also known as the human-animal bond, is the mutually beneficial relationship between people and animals that positively impacts the health and well-being of both. Any pet owner will tell you that living with a pet comes with benefits, including constant companionship, love and affection.

Positive human-animal interaction is related to the changes in physiological variables both in humans and animals, including a reduction of subjective psychological stress (fear, anxiety) and an increase of oxytocin levels in the brain. Science demonstrates that these biological responses have measurable clinical effects.

Specifically, pets and therapy animals can help alleviate stress, anxiety, depression, and feelings of loneliness and social isolation. Interactions with animals can help people manage their long-term mental health conditions.

A 2016 study explored the role of pets in the social networks of people managing a long-term mental health problem and found that pets provide a sense of security and routine that provided emotional and social support. Studies have also shown that pets are facilitators of getting to know people, friendship formation and social support networks.

Feeling lonely? Rather than picking up your phone to check Twitter, you could take Fido out for a walk or to the dog park and possibly meet a neighbor or two along the way.

More of a cat lover? Check out a local cat café and interact with some friendly felines eager for some playtime.

To learn more about scientific study of the health benefits of pets, visit [For Better Mental Health, Experience the Pet Effect](#)

Holiday Health

The holiday season can be a busy time of year, which can have us more stressed and prone to sickness. Take control during this time to reduce your stress and plan accordingly to enjoy the holiday season:

- **Focus on your basic needs:** Take the time to ensure you are getting enough sleep, eating three balanced meals and getting at least 30 minutes of exercise most days
- **Be selective of activity planning:** It's ok to say "no" and stay at home to enjoy time with family. Try to not overcommit during this season and focus on what you truly want to do.
- **Give your bank account a break:** Select gifts that have personal meaning and be creative; it isn't always about how much money you spend.
- **Wash your hands frequently:** Germs during the winter can spread and cause a cold or the flu. Wash your hands frequently when out of the house to avoid getting sick.
- **Give others encouragement:** Share words of encouragement with others and let them know how much you appreciate them.

Helpful Resources:

[Holiday Wish List for Good Health](#)
[Top Health Newsletter](#)



Recipe: Holiday green bean casserole

By Mayo Clinic Staff



Dietitian's tip:

This recipe includes a homemade white sauce instead of canned cream of mushroom soup, which cuts the sodium significantly without sacrificing flavor.

Serves 10

Healthy Holiday Recipes

To create a healthy holiday menu, click on the link below for great-tasting recipes.

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/holiday-recipes/art-20045253>

Ingredients

3 teaspoons olive oil, divided
1 medium onion, thinly sliced
1/4 cup finely chopped onion
1 clove garlic, finely chopped
2 tablespoons water
1 1/2 cups sliced mushrooms

3 tablespoons flour
1/2 teaspoon dried ground thyme
1 1/2 cups skim milk
1 pound fresh green beans,
trimmed and cut into 1-inch
pieces
1/3 cup fresh whole-grain bread
crumbs

Directions

Heat oven to 350 F.

Heat a large skillet over low heat and add 2 teaspoons of olive oil. Add sliced onion and saute for 15 to 20 minutes, stirring frequently, until onions are golden. Remove onions from skillet and set aside.

Add the remaining 1 teaspoon of olive oil, chopped onion and garlic to skillet and cook for 2 to 3 minutes. Add water and mushrooms, cooking for an additional 5 minutes. Sprinkle flour and thyme over mixture and stir. Gradually stir in the milk. Increase heat to medium and stir constantly until the sauce thickens.

To cook the green beans, boil for 8 to 10 minutes in water. (Or, to save time, cook the beans with 2 tablespoons of water, covered in the microwave on high for 5 minutes.)

Drain beans and set aside. Spray a 2-quart casserole with cooking spray and place the green beans in the casserole. Pour the mushroom sauce over the green beans. Top with the sauteed onion slices and fresh bread crumbs. Bake for 15 minutes, or until the top is golden brown.